

All the icons have **FAILED** to stay young!

When challenged with the 8 Essentials of Fitness.



Larry Nachman's 21st Century Fitness® formula is the first **EVIDENCE** based formula of exercise and nutrition for Staying Young.

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21st Century Fitness

STAY YOUNG

21st Century Fitness



Swimsuits don't lie

Your Personal Guide
to **getting younger** as
you grow older

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Larry Nachman at **70**
is living proof we can
Stay Young



If you do what I've done you
will get what I've got

-Larry Nachman

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